# Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

**Friday, December 19, 2025**

## Other Self

You are my other self.

If I do harm to you,

I do harm to myself.

If I love and respect you,

I love and respect myself.

- December 19, 2025

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Describe the Light body. ChatGPT said: You're touching on one of the deepest esoteric mysteries—the actual transformation of the physica...

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Founder of the City of Shamballa in 2009. Spiritual Healer and Ascension Teacher of Ray 2 Love-Wisdom. Finished Planetary Service Dharma P...

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Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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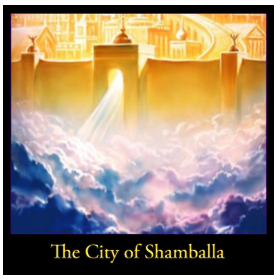


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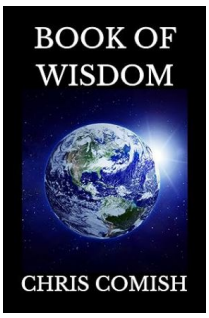


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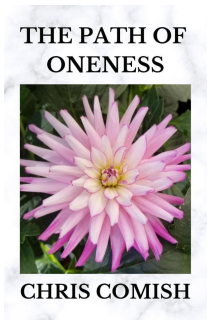


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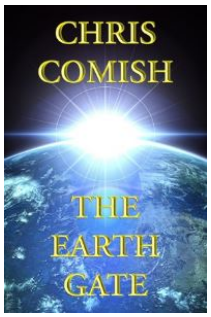


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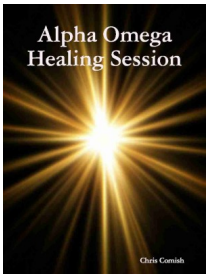


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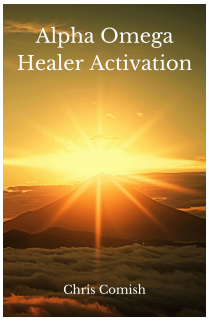


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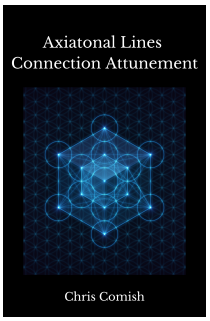


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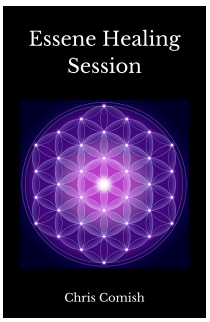


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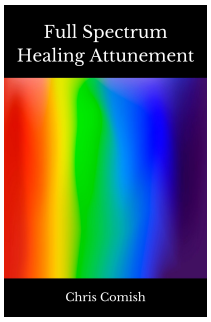


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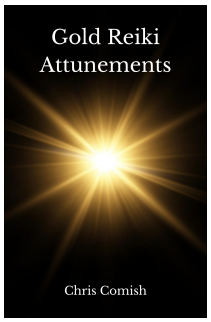


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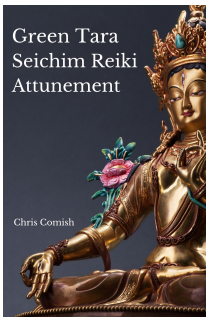


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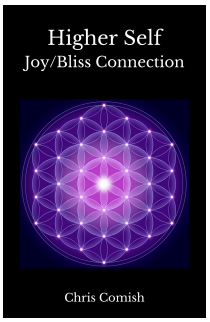


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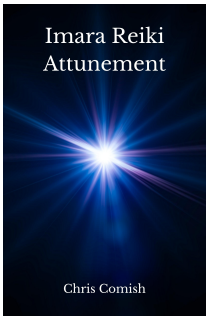


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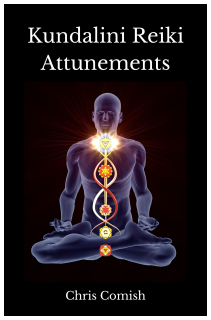


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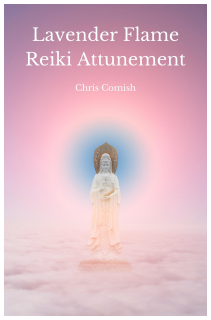


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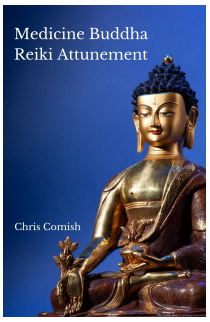


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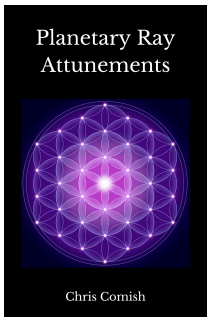


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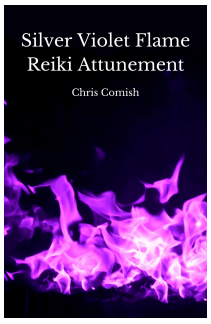


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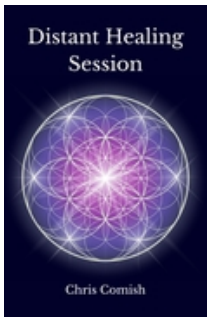


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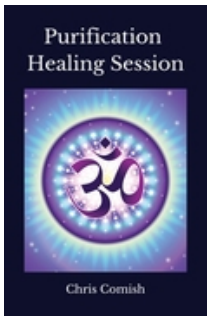


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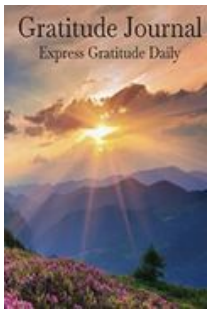


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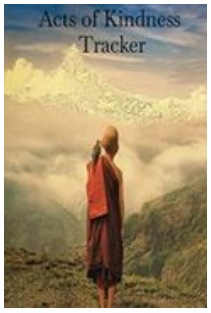


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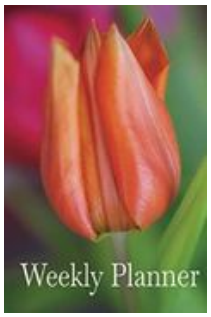


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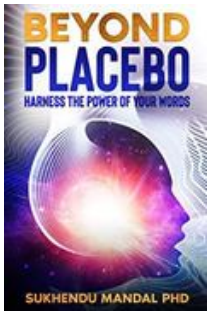


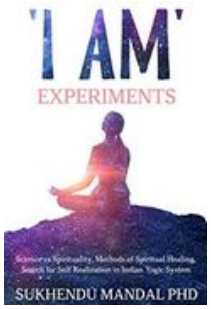


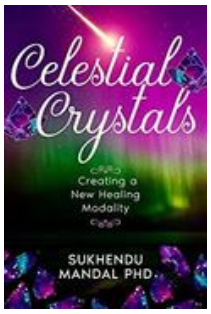


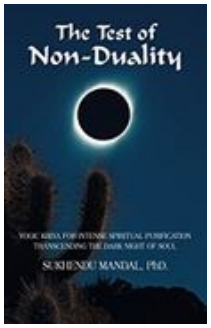


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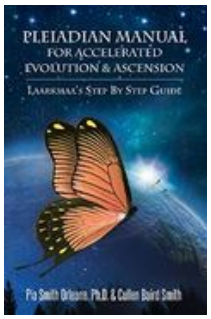

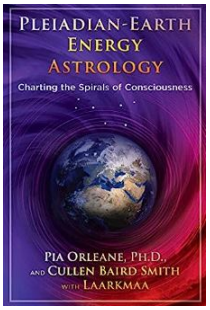
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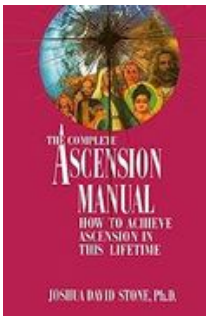
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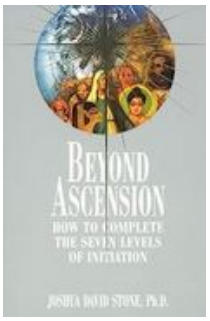
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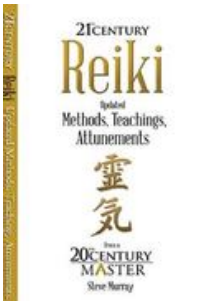
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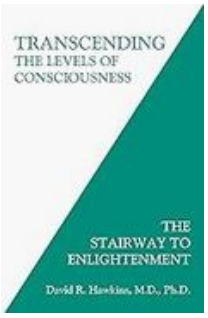
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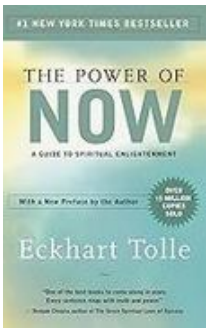
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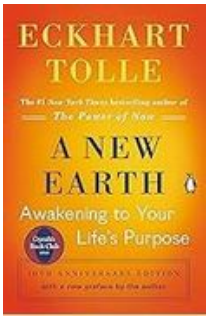
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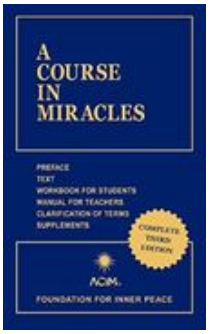
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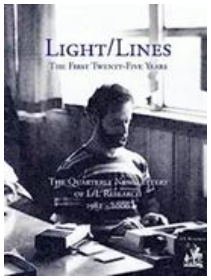
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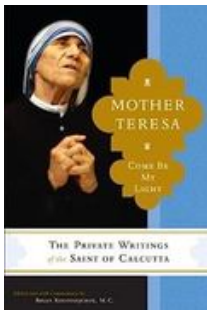
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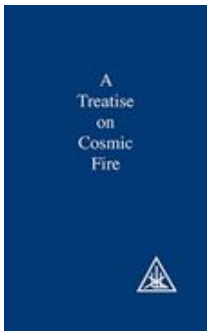
Initiation
Human and Solar


A
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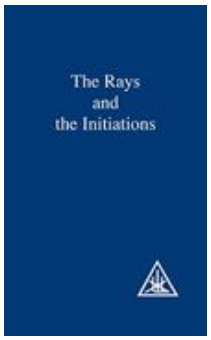
The Rays
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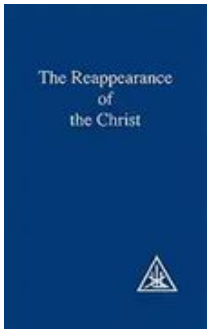
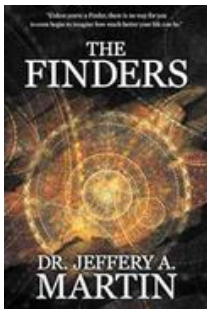
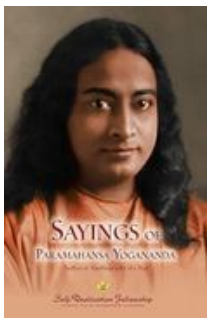

The Reappearance
of
the Christ

The
Externalisation
of the
Hierarchy


THE
FINDERS
DR. JEFFERY A.
MARTIN


SAYINGS OF
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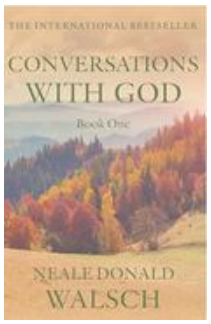
THE INTERNATIONAL BESTSELLER
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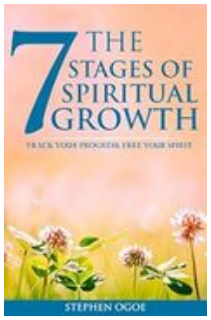
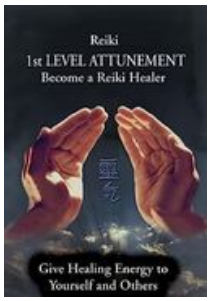
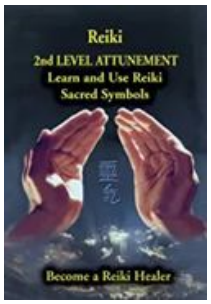
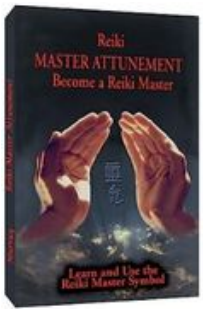
NEALE DONALD
WALSCH

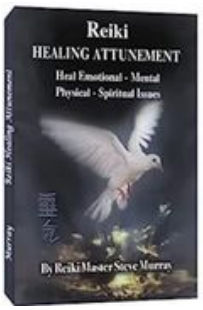



Recommended DVDs (These started Chris Comish's Reiki journey in 2006)



**Forum - The City of Shamballa Social Network**

- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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Frequency

Happy New Year!

That Which Is Not

God is All That Is

Be the Bridge

Blended Balanced State

Observer-Server

Universal Love and Radiant Being

A Christmas Message of Love, Beauty, and Compassion

Compassion

The Empty Boat

Trinity

Blended Balance

Frequency

Love Everywhere

Wise Compassion

Other Self

Love

God

Emotional Support

The Void

Radiate

Scan Chakras with Reiki

We are the Creator

Balance

Mirrors

Unity of All Polarity

One

Wise-Compassion

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Oneness

Attunements and Healing

Chakras

Master Consciousness

Universal Love and Radiant Being

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Chakras

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